
















Hours of Operation
Mondays, Tuesday & Wednesdays
9:00 am. – 1:30 pm

SENIOR CENTER OCTOBER 2021

Located in the Marshall Center
8800 Courthouse Road
507-7564

<p>Monday, October 4</p>  <p>Canasta (Rm.A) 9:30 – 1:30 p.m. Pickleball 9:00a.m. – 1:30 p.m. Tai Chi 12 p.m.- 1p.m.- Bandroom Intermediate Line Dance 10 AM – 12PM (Non Instructional)</p>	<p>Tuesday, October 5</p>  <p>Line Dancing w/Pat 9:30 – 11:30 a.m. Quilts & Crafts 9:30 –1:30 p.m. Pickleball 9am – 1:30 p.m.</p>	<p>Wednesday, October 6</p>  <p>Triad Pot Luck Lunch Social October Birthdays 11:30 a.m. – 1:00 p.m. Tai Chi 12 p.m.- 1p.m.- Bandroom Pickleball 9:00 a.m. – 1:30 p.m. Canasta 9:30 a.m. – 1:30 p.m. Intermediate Line Dance 10AM –12PM (Non Instructional)</p>
<p>Monday, October 11</p>  <p>Center Closed Columbus Day</p>	<p>Tuesday, October 12</p>  <p>Line Dancing w/Pat 9:30 – 11:30 a.m. Quilts & Crafts 9:30 –1:30 p.m. Pickleball 9am – 1:30 p.m.</p>	<p>Wednesday, October 13</p>   <p>Canasta (Rm.A) 9:30 a.m. – 1:30 p.m. Bingo (Rm.C) 10:00 a.m. – 12:00 p.m. Pickleball 9:00a.m. – 1:30 p.m. Intermed. Line Dance 10 AM – 12PM (Non Instructional) Tai Chi 12 p.m.- 1p.m.- Lounge</p>
<p>Monday, October 18</p>  <p>Canasta (Rm.A) 9:30 – 1:30 p.m. Pickleball 9:00a.m. – 1:30 p.m. Tai Chi 12 p.m.- 1p.m.- Bandroom Intermediate Line Dance 10 AM – 12PM (Non Instructional)</p>	<p>Tuesday, October 19</p>   <p>Line Dancing w/Pat 9:30 – 11:30 a.m. Quilts & Crafts 9:30 –1:30 p.m. Pickleball 9am – 1:30 p.m.</p>	<p>Wednesday, October 20</p>  <p>Canasta (Rm.A) 9:30 – 1:30 p.m. Intermediate Line Dance 10 AM –12PM (Non Instructional) Pickleball 9:00 a.m. – 1:30 p.m. Tai Chi 12 p.m.- 1p.m.- Lounge</p>
<p>Monday, October 25</p>  <p>Canasta (Rm.A) 9:30 – 1:30 p.m. Pickleball 9:00a.m. – 1:30 p.m. Tai Chi 12 p.m.- 1p.m.- Bandroom Intermediate Line Dance 10 AM – 12PM (Non Instructional)</p>	<p>Tuesday, October 26</p>  <p>Line Dancing w/Pat 9:30 – 11:30 a.m. Quilts & Crafts 9:30 –1:30 p.m. Pickleball 9am – 1:30 p.m.</p>	<p>Wednesday, October 27</p>   <p>Canasta (Rm.A) 9:30 a.m. – 1:30 p.m. Bingo (Rm.C) 10:00 a.m. – 12:00 p.m. Pickleball 9:00a.m. – 1:30 p.m. Intermediate Line Dance 10 AM – 12PM (Non Instructional) Tai Chi 12 p.m.- 1p.m.- Lounge</p>

Quote of the month:

“Why do they call it rush hour when nothing moves?”

Robin Williams

**SENIOR EVENTS
OCTOBER 2021**

- Ages 55 and up, Spotsylvania County residents. For more information, call 507-PLAY (7529) - **SENIOR CENTER 507-7564**

CANASTA - Are you interested in the game of Canasta, but can't find anyone to play? Join us for a rousing morning of fun and games! The fun begins at 9:30 a.m.

TAI CHI – October 1 – 27, 2021, 12:00 p.m. – 1:00 p.m. (**NO CLASS OCT.11, 2021**)

Looking for an exercise that is done slowly and smoothly without the jumping and jarring impact of other exercise? Tai Chi does not include any exercises which require getting down on the floor. Tai Chi reduces stress, Depression, Blood Pressure, improves Breathing, Flexibility, Mobility, Balance, Circulation, Memory, Posture and Mental Outlook. Join us Monday/Wednesday afternoons for Tai Chi. Our instructor Marti Wilson will lead you through this exciting exercise program. Pre-registration is required. Fee: \$30 per month. \$10 Drop-Ins.

Triad POT LUCK LUNCH SOCIAL – October 6, 2021 11:30 a.m. – 1:00 p.m.

Bring a covered dish to be shared. Join us for lunch and fellowship! Meet people and form new friendships! We also are celebrating All October birthdays today.

LINE DANCING w/Pat - October 5 – 26, 2021, 9:30 a.m. – 11:30 a.m. Join the fun of this popular dance form. Learn the basics and then dive into the more advanced steps. Registration forms are available at the front desk of the Senior Center. Beginner Line Dance – 9:30 a.m.-10:30 a.m., Intermediate Line Dance – 10:45 a.m. – 11:30 a.m. **Admission is FREE. Sign-In is required.**

QUILTS & CRAFTS – Tuesdays October 5 – 26, 2021. 9:30 a.m. – 1:30 p.m. Bring your own supplies and projects! Have fun quilting together!

Intermediate LINE DANCING (NON – INSTRUCTIONAL) - Just can't get enough of this popular dance form? Join in on the fun! Learn MORE steps! Group meets Monday 10:00 a.m. – 12:00 p.m.; and Wednesday 10:00 a.m. – 12:00 p.m. Sign -In at the front desk of the Senior Center. **Admission is FREE.**

****PICKLEBALL** - Come join the group **NOW 3 DAYS!** Monday/Tuesday/Wednesday 9:00 a.m. – 1:30p.m. in the Marshall Center Gym. Pickle ball is a mixture of badminton, tennis and table tennis, pickle ball has become one of the fastest growing sports in America! Interested parties should come try it out. Fee: \$3County Residents/\$4 Non County.

BINGO – Wednesday, October 13 & 27, 2021. 10:00 a.m. – 12:00 p.m.
Join us in the lounge for Bingo! Lots of fun and games!